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New Eye Chart May Diagnose Diabetes Sooner!

Think of a test in medicine that hasn't changed in a hundred years: the Snellen eye chart. Even in testing hearing we have fancy frequency measurements.

The eye chart, when you look at it, is high contrast, black and white. That is not the real world. They discovered years ago - for Navy flyers trying to land flyers on a carrier in the middle of the foggy ocean — that contrast sensitivity was very important. The way you are tested at eye-care professionals' offices with the Snellen eye chart may not be the best because contrast sensitivity is important. People vary in their ability to sense contrast.

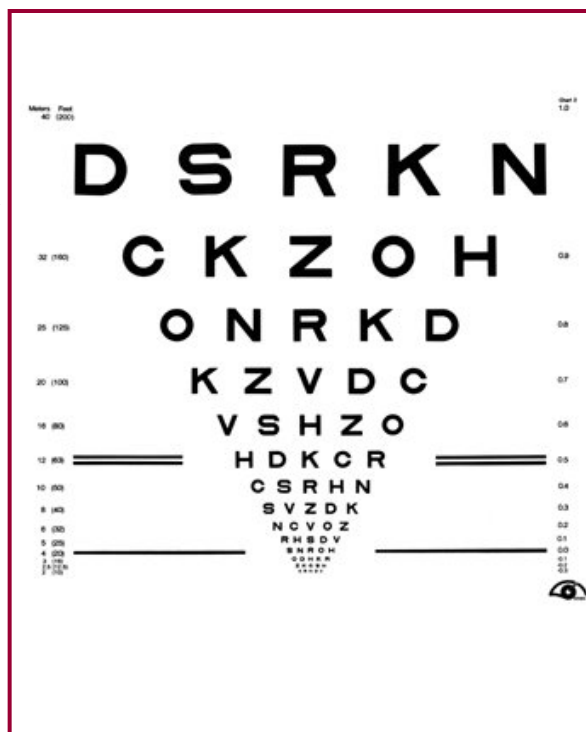
Before you know via your blood sugar test or any other way that you may have diabetes (this is when you are not quite a diabetic yet—you're overweight, your cholesterol is out of control, you have little resistance to insulin), you will lose contrast sensitivity. There is a standard chart that can be used in addition to the standard Snellen eye chart.

Researchers tested three groups. They studied 20 insulin-resistant obese patients and compared them with 20 age-matched patients with type 2 diabetes and with 20 age-matched control subjects. Many researchers have shown in the past that contrast sensitivity is abnormal in diabetic patients. It has been believed that this was due to microvascular damage in the retina.

This study strengthens the concept that the visual pathways dysfunction is likely to be the result of changes in retinal function due to carbohydrate metabolism alterations rather than microvascular damage. The insulin-resistant group did not exhibit damage in the vascular network of the retina, yet had losses in contrast sensitivity.

The original article published in the *Archives of Ophthalmology* (October 1998;116:1316-1319), suggest an interesting study to explore the reversibility of contrast sensitivity loss after insulin resistance is treated.

This is important work. If we can pick diabetes up ahead of time, we've really helped people.



Thank You!

Mr. Aaron Bennett, KACC Wellness Clinic

On the 23rd of December, my wife Brenda celebrates one year as a transplant recipient. We were notified the morning of her 43rd birthday, and had surgery that same evening. Six hours later, Dr. Robert Montgomery, Chief of Renal Transplant Services, John Hopkins, said that "All is well, and she is recovering just fine".

We Praise the Lord for our wonderful Kimbrough Family, and thank all of you for your reverent and effective prayers, for your donated leave hours, and great acts of kindness shown to her during her frequent visits at KACC. I've cried on many of your shoulders. Wow, I'm overwhelmed, and overjoyed just looking back over this past year. Col. Bryant, Ms. Walsh, SSG Goshay, Marcia, Rick, Ronnie, Judy, Chris, Lisa, Thelma, Bobbie, Sharon, Ms. Lillian, The Sisters in records section, Ms. Parra, Ms. Kim (Moulán), Ms. Donna G. & her great team, 1SG Kenner (twice), Ms. Dirton, Ms. Augustina, Mr... Ray, Dr. Linne Von-Berg and the first consult to WRAMC (we were admitted immediately), Ms. Julia Bennett, Dr. Peters, Ladies of Ophthalmology, Our OR nurses who pray for her continually, TRICARE, The Lab was outstanding, and of course Radiology. Our Pharmacy will bend (and bent) over backwards (hundreds and hundreds of various meds and supplies). Its impossible for me to name each person who ministered unconditional love towards us, but God knows who you are, and is ready, willing, and ABLE to lift you up, and help you also through wonderful people,...people just like you.

The Staff of Kimbrough Ambulatory Care Center has really lived out our slogan " One Team". We continually pull together.

**FAMILY, I THANK YOU,
THANK YOU, THANK YOU.**

**" WE, THE BENNETT FAMILY, HAVE
TRUELY BEEN TOUCHED BY ANGLES"**

Kimbrough Ambulatory Care Center Adverse Weather Policy

Submitted by John Schneider, KACC PAO

Whenever Fort Meade implements reduced operations because of adverse weather, Kimbrough Ambulatory Care Center will reduce its operations accordingly. All medical services, to include services provided by the pharmacy, will be suspended until normal operations are resumed.



Patients with appointments or scheduled surgeries on days when there is adverse weather should check to see if the installation is at reduced operations before coming to Kimbrough. To do this, listen to or watch for announcements specifically addressed to “Fort Meade personnel” on participating Baltimore and Washington radio and television channels (as listed in the installation’s companion notice on this page), or call the Fort Meade 24-hour Adverse Weather Line (301-677-6323). If you miss a scheduled outpatient appointment, Pre-admissions appointment for surgery, or surgery, you should do the following on or after Dec. 28 to reschedule your appointment or surgery:

- To reschedule an outpatient appointment, call 301-677-8606.
- To reschedule a Pre-admissions appointment for a surgery, call 301-677-8020.
- To reschedule a surgery, you should call your surgeon’s office.

The commander of Kimbrough Ambulatory Care Center has implemented this policy for the safety and well-being of Kimbrough’s patients and staff.

Should you require acute or emergent medical care on any day that Kimbrough is closed, you should go to the Emergency Room at Walter Reed, the National Naval Medical Center (AKA, Bethesda Naval Hospital), or Malcolm Grow Medical Center at Andrews AFB; or to a local civilian emergency room.

Winter Weather Terms

By Jeanne Wagner, KACC

The real question is, *when is the snow coming?* According to the “Farmer’s Almanac”, snow this winter is due to be colder but less snowy than last year, with the best chances for accumulating snow in early December and mid-January! So, let’s familiarize ourselves with some ‘weather terms’ that we will soon be hearing on the morning news :

WINTER STORM WATCH-means the storm is coming within 12-36 hours. The “Winter Storm Watch” is the one we usually hear locally on the news.

WINTER STORM WARNING-means a severe winter storm is beginning or will begin with more than 6” of snow, ice accumulation, dangerous wind-chill, or any combination of the three.

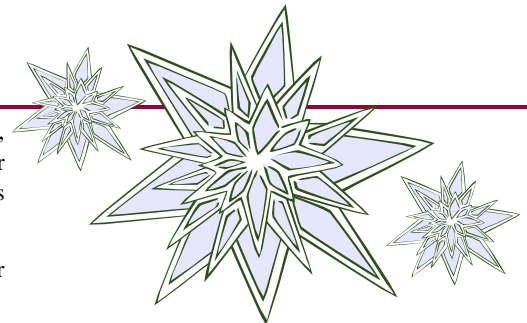
HEAVY SNOW WARNING- means to expect 6-12” of snow with significant wind. Also, issued when 8 or more inches of snow is expected in a 24 hour period.

BLIZZARD WARNING-issued when wind of 35 miles and hour, snow for at least three hours, and reduced visibility.

NOR’EASTER-heavy snow and rain, tremendous waves off the Atlantic coast. Wind gusts at near hurricane strength. A “Nor’easter” gets its name from northeasterly ocean winds that blow in over coastal areas before a storm.

WINDCHILL ADVISORY-issued when wind-chill temperatures are between –20 degrees and –34 degrees F.

WINDCHILL WARNING-issued when wind-chill will be below –34 degrees F.



"Freshen Up" RÉSUMÉ GUIDANCE

Sandy Lehman Human Resources Specialist Dept of Army, Civilian Personnel Advisory Center (CPAC) FT Meade, MD

"Make it your New Year's resolution to keep your resume updated this year. Keeping your resume fresh is always a good idea, even if you're not currently in the job market. By periodically adding projects you've completed or responsibility earned in your current position, you will be sure you haven't left any important details out when it comes to start applying for positions or going on interviews. After all, it's always easier to edit down your job experience, and it's a big time-saver, too."

Focus on defining and identifying the key and meaningful skills you currently possess, particularly those that are related to the positions that you are interested in applying for. Describe your experience in sufficient detail with concrete words rather than vague descriptions. Do not use acronyms unless you spell them out first. Although the system can extract and store many skills, it is not unlimited. You will want to use judgment when including skills that may be outdated or no longer used in the workplace. An example might be that you would avoid including that you once operated a manual typewriter.

When to Submit a New Résumé:

You must submit a new Resume after you have accepted a position or a change occurs in any of the following: name, address or telephone number. You should also submit a new Resume if you have new work experience that has given you new skills and knowledge not reflected in the Resume that you have on file.



Members of the U.S. Army Field Band enthralled staff and patients with holiday music on December 14th in the KACC lobby.

Musicians, from L-R:

SSG Holly Wood, SSG Shannon Kiewett, SFC Shari Smith, SSG Nancy McCaskill, SSG Emily Rostetter, MSG Patrick Lipphardt.

Infection Control 101: Prevent the Spread of Respiratory Infections

Noreen Capers, RN, CIC, MEDDAC ICP

We are all facing the challenge of the upcoming flu season. Due to the shortage of flu vaccine, practicing basic infection control principals is more important than ever to prevent or reduce the risk of the spread of infection.

Influenza is spread by respiratory and contact methods. The respiratory method includes someone who is infected coughing or sneezing within 3 feet of other people and the contact method involves someone who is infected touching an object or surface that you may also touch. Anytime you touch something in a public place, please remember that someone else has already touched the same surface or object.

In the healthcare facility, we follow the recommendations of the Centers for Prevention and Disease Control (CDC) asking that you:

- * Tell staff upon arrival if you have flu symptoms. These symptoms include fever, headache, tiredness, dry cough, sore throat, nasal congestion and body aches. You may request a face mask or be asked to wear a mask.
- * Cover your nose and mouth when coughing or sneezing. Drop your used tissue in waste basket.
- * Clean your hands frequently with soap and water or waterless hand sanitizer. Cleaning your hands keeps you from spreading germs.

In the community, we can practice simple and basic precautions to protect ourselves and our family members from respiratory illnesses. We can reduce the spread of infection by:

- * Wash your hands often. It is the single most effective way of preventing the spread of disease. Always wash your hands before eating or handling food and after using the restroom or being around someone who is ill. Washing vigorously with soap and warm water for at least 15 seconds is an effective way of cleaning the hands. Using alcohol based hand sanitizers is also very a very effective method of hand cleansing and is recommended by the CDC.
- * If you are sick, stay at home. It is the right thing to do. Spreading the illness at work or at school is not desirable. This is especially important if you are feverish. If you must sneeze or cough, use a tissue to cover you mouth and nose and discard the tissue promptly.
- * Be sure you are well before returning to work, school or community events.
- * Avoid crowded areas if possible.

Taking these simple but effective steps will limit the spread of respiratory illnesses including influenza and colds. Remember, hand washing or use of alcohol antiseptics is the simplest, most effective means of preventing the spread of infection.



What's a BCAC?

Daniel Kutrick, KACC Marketing



It was a stormy day when I heard the knock at my office door. They didn't even wait for me to tell them to come in...the door opened and the couple entered my office with their frantic cry for help. They were both disheveled—the lady's hair hung limp and the man's uniform was in such disarray I couldn't even tell which branch he belonged to or his rank. I saw that they were in dire need of my help.

My name is Speed, Sam Speed, and I am a Beneficiary Counseling and Assistance Coordinator.

"Please sit down," I said. I reached next to my desk where I keep a bottle for such times...and offered them some diet soda. "Don't worry. I've heard it all before, you can't shock me and I'm here to help. I'm the best BCAC in the region."

They poured out their story to me as I poured them their drinks. They were emotional and worried. It was a story I had heard nearly a thousand times. So I gave them the skinny.

"*Palmetto Government Benefit Administrators (PGBA)*, a subcontractor under *Health Net Federal Services (HNFS)*, processes medical claims for North Region TRICARE beneficiaries. When PGBA processes a bill for payment, you will receive an *Explanation of Benefits (EOB)*. This is not a bill and is an explanation of how PGBA decided the amount to be paid. If you don't receive an EOB there is a good chance that the claim was never filed or considered for payment. You can call PGBA at 1-877-874-2273 or contact them over the Internet"

They started to calm down at this point, knowing that I was going to help them solve their problem. Then I told them about www.mytricare.com

"PGBA has an internet site that enables sponsors, beneficiaries, providers and guests to access their TRICARE claims data and get TRICARE information. Once you become a registered member you can:

1. Review the status of your TRICARE claims.
2. View a copy of your TRICARE EOB for recently processed claims.
3. Send a secure electronic message to PGBA requesting assistance with your TRICARE claims. PGBA will quickly respond by e-mail, phone or letter.
4. Get information to better understand TRICARE and other military health benefits.

All this just from logging onto www.mytricare.com"

I could see the worry just fall from their faces as they sipped their drinks and smiled at each other.

"If you have a civilian medical bill from either a doctor or a facility and have not received an EOB within eight weeks of the date of service, there are a few things you need to do:

1. Call the provider to see if the bill was submitted to the correct address.

For Active Duty, dependents and retirees under the age of 65:

North Region Claims

PGBA

PO Box 870140

Surfside Beach, SC 29587-9740

For TRICARE for Life (over 65 with MEDICARE-

These claims should automatically convert over from Medicare to TRICARE.):

TRICARE For Life

Wisconsin Physicians Service

P.O. Box 7890

Madison, WI 53708-7890

If the doctor is a member of the Health Net TRICARE network they are required to submit the bill for you. If the doctor is not network and will not submit the bill, you must submit an itemized bill along with form DD2642. This form is available from BCACs or on the web at www.tricare.osd.mil

2. If the claim was properly submitted but you have not received an EOB, all PGBA directly.
3. Promptly pay any cost-share or co-pay you owe to the provider."

They stood and thanked me. Smiles replaced their frowns and the two left my office as I prepared for the next knock at my door. I smiled as the door closed behind them. My name is Speed--Sam Speed, and I'm a BCAC.

Are You a Victim of SAD?

Carla Benjamin, Community Health Nursing, EFMP Program Facilitator.

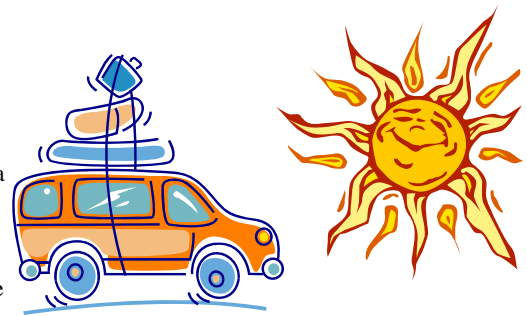
Do you suffer from feeling “blue” during the dark dreary winter months? If so you may be a victim of Seasonal Affective Disorder (SAD). SAD is a type of depression that usually occurs between September and April. The worst symptoms usually appear during December, January and February.

SAD is thought to be caused by a biochemical imbalance in the brain. This imbalance is the result of decreased daylight hours and sunlight during the winter. Studies also suggest that there is a greater incidence of SAD the farther one lives from the equator.

The degree of disability from SAD varies. Some people's lives are so disrupted that they cannot function without medical treatment. About 6% of the American population experiences things like sleep problems, lethargy (fatigue and inability to carry out normal routines), overeating, depression, social problems (avoidance of social contact), anxiety, loss of libido and extremes in mood changes. More people (between 10 to 20 % of the US population) experience mild symptoms or discomforts and are said to have sub-syndromal SAD or winter blues. These symptoms might include tiredness, lethargy, sleep and eating problems but depression and anxiety are not present or mild. More women than men are diagnosed with SAD. Children and adolescents can also be affected.

Recognizing SAD is the first step to recovery. It is usually diagnosed after three or more consecutive winters of symptoms. If you think you or someone you know may be suffering from SAD seek consultation with a medical provider. Other suggestions may include:

- Bright Light Therapy (BLT)- daily exposure to very bright light from a light box (special fluorescent lights with a diffusing screen)
- Increase light exposure- daily exposure to as much natural daylight as possible, walk outdoors during lunchtime, paint rooms with bright paint
- Antidepressants and other medications
- Psychotherapy, counseling
- Avoid holiday stress- anticipate worst; plan for the best. Devise ways to cope should negative holiday experiences occur.
- Prepare for post-holiday letdown. Get back into a regular routine or start a new project.
- Exercise- increases the body's natural feel-good chemicals (endorphins)
- Go out of town- plan a winter vacation to a place with lots of sunshine (glittering ski slope, tropical paradise)



Kimbrough Anesthetists Celebrate National Nurse Anesthetists' Week

MAJ Douglas E. Kircher, CRNA Chief, Anesthesia Services

Kimbrough's anesthesia department will be celebrating National Nurse Anesthetist Week during the week of 23 – 29 January. Certified Registered Nurse Anesthetists (CRNAs) are anesthesia professionals who administer approximately 65% of all anesthetics given to patients each year in the United States and administer all of the anesthesia for surgery performed at Kimbrough. There are currently two active duty CRNAs (one deployed to Iraq), two contract CRNAs, and one contract anesthesiologist assigned to the department.

CRNAs have been providing anesthesia care in the United States for over 125 years. Nurses first provided anesthesia care to wounded soldiers during the Civil War and still serve on the front lines today providing care in austere combat environments.

CRNAs provide anesthetics to patients in collaboration with surgeons, anesthesiologists, dentists, podiatrists, and other qualified healthcare professionals. When anesthesia is administered by a nurse anesthetist, it is recognized as the practice of nursing; when administered by an anesthesiologist, it is recognized as the practice of medicine.

As advanced practice nurses, CRNAs practice with a high degree of autonomy and professional respect. They carry a heavy load of responsibility and are compensated accordingly.

Please join the staff in thanking these individuals for their tireless efforts in providing anesthesia to the Ft. Meade community and the Walter Reed Health Care System.



Kimbrough Ambulatory Care Center January Health Promotion Classes



TOBACCO CESSATION *

JANUARY 6, 13, 20, 27 from 12 PM to 1 PM

CHILDBIRTH CLASS **

JANUARY 14 or 21 from 8 AM to 12 PM

10,000 STEPS PROGRAM **

JANUARY 18

BY APPOINTMENT ONLY

OTC CARD RENEWAL **

To renew your OTC Card call
for a 15 minutes briefing
BY APPOINTMENT ONLY

“YOUR PRESCRIPTION TO GOOD HEALTH OTC/CARD ”**

JANUARY 6 or 20 from 9:30 AM to 11:30 AM

**** ONLY OPEN TO ACTIVE DUTY, THEIR
HEALTH CARE BENEFICIARIES &
RETIRES**

***OPEN TO ACTIVE DUTY, THEIR
BENEFICIARIES, RETIREES,
& DOD EMPLOYEES**

*For registration call, Community Health
Nursing at (310) 677-8435*



TOBACCO CESSATION PROGRAM

*Designed to empower all that desire to break
their addiction to tobacco products – For Life!*

CHILDBIRTH CLASS

*Assists the mother-to-be and her coach in un-
derstanding the physical and emotional
changes that occur during pregnancy/labor and
facilitates the transition to parenthood.*

10,000 STEPS PROGRAM

*Courtesy of Health e Forces from Walter Reed,
CHN is proud to bring you a 6-month walking
program complete with pedometer for
measuring steps and mileage. Designed for
those individuals with cardiac risk factors.
Blood pressure and weight measurements will
be taken at intervals.*

“YOUR PRESCRIPTION FOR GOOD HEALTH/OTC CARD”

*Briefing will address health topics, lifestyle
changes and preventive services. ENROLLEE to
TRICARE PRIME REGION 1. The Medicine
Cabinet/OTC Card is available to TRICARE
PRIME, KIMBROUGH Enrollees. The class
will provide recommendations for proper use of
OTC medications and conclude with the issuing
of a FREE OTC Medical Card for use at the
Kimbrough Ambulatory Care Center.*

- * For registration call, Community Health
Nursing at (301) 677- 8421/8434*
- * Classes are held in Kimbrough Ambulatory
Care Center*
- * Providers may refer clients using SF 513
Consultation Sheets*
- * Insufficient registrations will force
cancellation of classes*